

Participant Nutrition Education**Policy No. NS- 200.03**

Effective date: October 1, 2016

No. of Pages: 2

Policy

Local agencies shall provide breastfeeding women and caregivers of infant and child participants with four (4) nutrition education contacts during each twelve (12) month certification period. The education shall include one primary nutrition education contact and three secondary nutrition education contacts. For prenatal and post-partum women, nutrition education contacts shall be made available at a quarterly rate, but not necessarily taking place within each quarter. Local agencies shall not deny participants supplemental foods for refusal to attend or participate in the provided nutrition education activities.

Purpose

To improve health status and achieve positive change in dietary and physical activity habits that emphasize the relationship between nutrition, physical activity, and health.

Procedures

- I. The local agency will provide participant centered secondary nutrition education through:
 - a. In Person (Individual and Group)
 - b. Video Conference (Individual and Group)
 - c. Phone Contact (Individual)
 - d. Self-Directed Nutrition Education (GeorgiaWICOnline.org)
- II. CPAs will choose nutrition education topics appropriate to the individual participant's nutritional needs or interests.
- III. CPA's will consider a participant's language and cultural preferences when providing nutrition education.
- IV. CPA's will offer participants the opportunity to ask questions.
- V. Local Agency can reference [GAWIConline](#), [Group Education](#), [High Risk Secondary Education, and Phone Contact Policies](#) for additional information about the provision of nutrition education.

Authority

7 C.F.R. §§ 246.11 (a), (b), (d)(1), and (e)

WIC Nutrition Services Standards – Standard 7

Value Enhanced Nutrition Assessment (VENA)

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Definitions/Supporting Information

Nutrition Education - A dynamic process delivered through individual or group sessions by which participants gain the understanding, skills, and motivation necessary to promote and protect their nutritional well-being through their food intake, physical activity, and behavioral choices. Nutrition education is focused on the participant's interests and designed based on ethnic, cultural, and geographic differences with consideration for language, education, environmental factors, and nutritional risks. Breastfeeding education is nutrition education. Nutrition education is a no-cost benefit available to all participants.

Primary Nutrition Education – Participant-centered nutrition education that is provided at certification, or a recertification visit.

Secondary Nutrition Education – Participant-centered nutrition education that is provided at any WIC follow-up visit between certifications including half-certification, mid-certification and mid-Assessment.

Value Enhanced Nutrition Assessment (VENA)/ Participant Centered Education (PCE) - A qualitative dietary assessment that promotes a participant-centered, positive approach to the nutrition assessment. The nutrition assessment is based on desired health outcomes rather than deficiency findings. This method allows for individualized counseling sessions.

In Person Nutrition Education – Nutrition education provided directly to the participant.

Video Conference Nutrition Education – Nutrition education provided over an approved video conferencing system.

Phone Contact – Nutrition education provided over the phone.

Self-Directed Nutrition Education – Nutrition education completed by a participant visiting the Georgia WIC Online nutrition education system (GeorgiaWICOnline.org).